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“G I R A S O L”
(LAZY MAN’S SPUD)



A SINGLE HILL OF “GIRASOL”
(Cut loaned by Oregon State Agricultural College) .

If some one were to discover a plant **SPORT** or if some plant breeder could cross sunflowers or corn with potatoes to get a plant, the tops of which would make silage and at the same time produce valuable tubers that would outyield potatoes two or three to one, under similar soil and moisture conditions we would hail the result as a wonderful discovery.

GIRASOL will do all this and more and yet it is not NEW for it has been raised in Europe for centuries under another name. France alone produced 1,696,030 long tons in 1928 so our Consul at Paris writes us.

We call this crop GIRASOL because the name under which it sometimes passes is the same as another vegetable entirely different, which is confusing. The scientific name is *Helianthus Tuberosus*, it is related to both artichokes and sunflowers, it is a native of America, not Jerusalem or elsewhere.

Encyclopedia Americana says "Perhaps no other plant is of easier cultivation."

GIRASOL tubers will outyield potatoes two or three to one under similar conditions. Yields of 10 to 20 tons per acre are common.

GIRASOL tops are about a third or half the diameter of sunflower stalks but usually two or three feet taller and yields 10 to 22 tons silage per acre.

GIRASOL is not injured by freezing. The whole or a part of the crop of tubers may be harvested in the fall or the spring following.

GIRASOL is propagated by tubers only, not from roots and joints like quack grass and thistles so it can not become a serious pest if followed with pasture, hay meadow or good cultivated crops.

All stock and poultry like Girasol tubers, but perhaps the most profitable use would be as hog feed, the hogs doing their own harvesting with no expense. Trials along this line have yielded 744 pounds pork gain per acre, this might be considered NET PROFIT. The silage crop would

be more than enough to cover cost of seed, land rental and cultivation expense. Adding grain to balance the ration would of course help.

GIRASOL may be eaten raw or cooked, but the inulin in girasol that replaces starch in most other vegetables need not be cooked to bring out its food value.

Millions of people have to limit their use of starchy foods which may well be substituted by girasol in which the carbohydrates are in the form of inulin instead of starch.

When used in salads, sliced raw GIRASOL is very mild flavored but when cooked soft either boiled or baked it develops a strong taste which is too strong for some people. When sliced or cut in cubes and boiled only about five minutes, then served with white sauce like new potatoes this strong wild taste is not developed, neither is found objectionable when cooked in deep fat like French fried potatoes or potato chips. We have dozens of recipes but have not room here to mention others.

The planting should be done in rows so the silage can be cut with a corn binder and the tubers dug with a potato digger.

This crop will grow on most any kind of soil but the richer the better of course, but it will do better on poor soil than most any other crop.

Rotating, while it might help does not seem to be necessary for like onions it may be planted on the same ground, year after year. Insects or plant disease do not seem to affect GIRASOL tops or tubers while growing.

Single tubers often weigh more than a pound but the average is smaller and more irregular shape than potatoes.

Small tubers, or large ones cut small, do not seem to decrease the crop as is the case with potatoes.

It would appear we have mentioned enough good qualities of GIRASOL to convince most any one that it is a good crop to grow and develop a market for but we have by no means

mentioned all the possibilities.

The U. S. Bureau of Standards Washington, D. C. have demonstrated in both a laboratory and on a commercial scale the possibility of making levulose sugar from these tubers and the Iowa Agricultural College, Ames, Ia., made over a ton of this valuable sugar one year from tubers grown from seed furnished by us, levulose sugar is fifth per cent sweeter than sucrose (cane) sugar.

When farmers raise GIRASOL for silage and hogs, learn its good qualities and raise a surplus so carload lots can be secured by the sugar factories, these factories can have a spring run as well as a fall and winter season for sugar production.

On account of the high tuber yields there are great possibilities of making alcohol for mechanical purposes from GIRASOL.

Write for information to Carnegie Institute, Washington, D. C., and mention the scientific name *Helianthus Tuberosus*, for information on the use of these tubers as a regular diet for diabetics.

Except as indicated all these statements are taken from Government Bulletins. Circular 89 State Agricultural College Corvallis, Oregon or Technical Bulletin No. 33, Bureau of Standards, Washington, D. C. We would suggest anyone interested in getting fuller details secure these bulletins or write us for further particulars

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Rockford, Minnesota
